



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA HEALTHY LIVING CENTER EVENTS

## FALL 2019

### Wednesday Night Ballroom Dance

Waltz, fox trot, salsa & more. Every Wednesday night, the ballroom is filled with the big band sounds that make you want to dance.

**Wednesday: 7:00-9:30 pm**

Member: \$6 • Non member: \$12

### Mobile Food Pantry

Sponsored by The YMCA Healthy Living Center, Trailblazers & Foodbank of the Heartland (Subject to change).

**4th Tuesday of the month: 10:30-11:30 am**

FREE - Iowa residents only

### Active Older Adult Social Club

Fall bus trip. Amish for a Day trip to Pawnee City, Nebraska.

**Monday, September 23**

Member: \$99/person • Non member: \$119/person

Visit the Welcome Center for more information about the trip & to sign up.

### Diabetes Support Group

**First Thursday of the month: 10:00 am**

### Wings of Hope

**Second & fourth Monday of the month: 6:15-7:15 pm**

### Genealogy Group

**First Tuesday of the month: 10:00 am-12:00 pm**

Member: FREE • Non member: \$6 drop in fee

### Technology Class

**Begins in September.**

**Second & fourth Thursday of the month: 1:00 pm**

Member: FREE • Non member: \$6 drop in fee

### PROGRAM CONTACT:

Denise Olsen, Program Manager

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Register at the YMCA Healthy Living Center Welcome Center or online: [www.metroymca.org](http://www.metroymca.org)